



Lois E. Harrill Senior Center

June 2018

Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>⇒ BINGO Most Monday, Wednesday, & Fridays at 11</p>			<p>1 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Medicare 101-2pm BINGO-11am Chair Yoga-1pm</p>
<p>4 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>5 Karaoke Day-10-12 DHHS Hearing-10am Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Quilt Guild- 12:30-3 Sewing (\$) 6:30-8:30 LLL presentation-2-3:30</p>	<p>6 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Writer's Grp-12-2 Mayberry Trip-8-4:30</p>	<p>7 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>8 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Chair Yoga-1pm LLL presentation-2pm</p>
<p>11 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>12 Food Safety Talk-11 Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>13 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2</p>	<p>14 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>15 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Chair Yoga-1pm</p>
<p>18 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>19 Health Talk-11am Depression/Anxiety Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 10-3</p>	<p>20 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2 Volunteer training—9am or 2pm</p>	<p>21 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>22 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Intergen Games-10am BINGO-11am Chair Yoga-1pm</p>
<p>25 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>26 Health Talk-11am Anti-Fraud Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>27 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2</p>	<p>28 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>29 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Field Day-9-12 Chair Yoga-1pm</p>

JUNE 2018

One-On-One Computer and Smart Phone

Classes now being Offered! Call Billie to make your appointment 265-8090. ASU intern is available Tues/Thursdays from 1-3pm.

Karaoke Day– June 5th come join us for karaoke. Sing or watch-it’s lots of fun!

Medicare 101 Seminar– June 1st-2pm-come have your Medicare questions answered by our experts. No registration required. Call Billie for additional information at 828-265-8090.

New Exercise Classes– New yoga classes starting Fridays at 1 with new instructor and Tai Chi fro Arthritis beginning on Tuesdays at 10 (this class requires pre-registration).

Mayberry Field Trip– Don’t forget for those who have registered, we leave for Mayberry on June 6th at 8am.

World Elder Abuse Awareness Day– Come visit our table at the Watauga County Public Library on June 15th from 12-5pm.

Volunteer Training– All volunteers are asked to attend one of the training sessions on June 20th at either 9am or 2pm.

Intergenerational Games Day– A youth group will come to host a games day on June 21st from 10am-11:20am.

Field Day– June 29th we will host an outdoor field day from 9-12. There will be many game stations and we will have light refreshments-all are welcome!

Farmer’s Market Vouchers are coming– Distribution of vouchers will occur at both centers on specified dates: please call Billie for dates!

Weekly Classes Available offered :

- Art II: Mondays, 9am-Noon, this is a studio type class
- Art I: Wednesdays, 9am-Noon, drawing class
- Crafts: Thursdays, 10-1:30pm, learn to make new crafts
- Sign Language: Thursdays, 10am, learn to sign
- Sewing (Tuesdays)\$ Needlework (Thurs) \$

Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm
- Bone Builders & Muscles and More: Mon/Wed/Fri. morning
- Zumba Gold (\$): donation requested, Mon/Wed at 4pm
- Tai Chi (\$): Thursdays at 4:30pm (\$5.00 per class)
- Tai Chi for Arthritis-Tuesdays at 10am
- Chair Yoga (\$): Fridays at 1pm

June Health/Wellness Presentations

1st: Medicare 101– 2pm

12th: Food Safety-11am

19th: Depression/Anxiety Presentation-11am

19th: Blood Pressure Checks 11am

26th: Anti-Fraud Tips-11am

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Cards and Coffee Time: Monday-Friday 9-Noon

Nutrition/Wellness Education: Every Tuesday 11am

Live Music: Every Thursday 10-12

Lifelong Learner Programs throughout month– call for info.

Drop In Activities:

Bocce-Cards-Computer Lab– Copy Machine-Croquet-Puzzles-Karaoke machine/Record Player

Exercise Equipment-Library-Kindles-Piano-Pool Table-games– giant checkers-Peg games-Piano & Guitar

TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn Hole– Ladder Ball-Bean Bag Toss-Table Tennis-putt-putt

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

**132 Poplar Grove Connector Suite A
Boone, NC 28607**

Phone: (828)265-8090

Director: Billie Lister

Email: billie.lister@watgov.org

For additional information, questions about activities, or to register for transportation please contact the Center Director.

Upcoming events in July:

- ♦ Luau/Ice Cream Social
- ♦ Can You Hear Me Now Advocacy Event
- ♦ Arts & Crafts Sale

Hours of Operation: Monday-Friday 8-5pm,
with evening classes

Is there something you wish the senior center would offer? Email us or call with your thoughts, billie.lister@watgov.org or 828-265-8090

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the day they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga at 11:30am and at the Lois E. Harrill Senior Center at Noon, consumer contributions can be placed in the wooden boxes in the dining room.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternative Program).

Contributions are accepted for all programs and services.

The Lois E. Harrill Senior Center and Western Watauga Community Center offer the following services and information:

- Medicare Insurance Counseling (SHIIP-Seniors Health Insurance Information Program)
- Tax Preparation - partnership with AARP's Volunteer Income Tax Assistance Program
- Transportation to the senior center, errands and medical appointments provided through partnership with Appal-CART
 - Legal Services Information Available
 - Support Groups
 - Various Health Screenings
 - Social Security Assistance
 - Consumer Education
 - Retirement Planning Information
 - Advocacy Opportunities
 - Medical Loan Closet (various items available)
 - High Country Senior Games
 - Congregate Meals onsite (Monday-Friday)
 - Information and Referral
 - Caregiver and Respite Information
 - Volunteer Placement Opportunities
 - Job Placement and Assistance
 - Arts and Crafts Sales
 - Housing Assistance
 - Nutrition and Wellness Education
 - Incontinence Products (various items)

Area Agencies and Services

- **AppalCART:** 828-297-1300
 - **Cove Creek Library:** 828-297-5515
 - **Daymark Recovery:** 828-264-8759
 - **Department of Social Services:** 828-265-8100
 - **Health Department:** 828-264-4995
 - **Hospitality House of Boone:** 828-264-1237
 - **Hunger and Health Coalition:** 828-262-1628
 - **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
 - **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
 - **Social Security (National Number):** 1-800-772-1213
 - **Social Security (Wilkesboro Office):** 1-866-331-2298
 - **Watauga Medical Center:** 828-262-4100
 - **Western Watauga Community Center:** 828-297-5195
- Project on Aging: 828-265-8090**

Transportation Services are available through AppalCART. Transportation is provided Monday, Tuesday, Wednesday and Friday. Individuals need to be registered to use transportation services. Please contact the senior center directors with questions or to register.

**Western Watauga: Cindy Lamb
(828) 297-5195**

**Lois E. Harrill: Billie Lister
(828) 265-8090**



Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older